

Collected Writings of Nancy H. McMoneagle

A collection of articles that Nancy McMoneagle wrote
for the TMI journals and newsletters
between 1990 and 2019.

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(TMI Focus - Winter 1990)

Director's Perspective - 1990

Nancy McMoneagle has been associated with the work of Bob Monroe for 20 years and became director of The Monroe Institute in 1983. Under her leadership, the Institute has expanded to include international programs, Hemi-Sync® workshops in local communities throughout the United States, and an overall increase of programs and products available to the public.

What shape are we in? This is the question oft asked by administrators, usually in reference to the proverbial bottom line. Though definitely concerned about the Institute's financial viability, I also ask that question with regard to what old boundaries we have pushed through, how we have stretched beyond our old shape and form to embrace and reflect new dimensions in our growth pattern. And, looking back over our past, reflecting on our current status, and anticipating our planned future activities, I am genuinely pleased at the ever-expanding, everchanging shape of the Institute.

Since I am frequently asked about the early beginnings of the Institute, I thought it would be timely and propitious, as we begin this new decade, to share my perspective on the Institute's history, where we are now, and what we foresee for the coming year.

Though it was preceded by many years of Bob's personal research, the Institute had its official beginnings in the early '70s. Originally called Whistlefield Research Laboratories, and then subsequently, The Monroe Institute of Applied Sciences, the Institute consisted of Bob Monroe (founder and chief executive); a small group of eager, curious, and courageous individuals (called Pathfinders/Explorers); and myself (secretary, program coordinator, registrar, trainer, Explorer and monitor). It was a small group, indeed, to implement the enormous vision initiated by Bob Monroe... to explore, develop and give practical application to expanded states of consciousness in order to bring something of value to contemporary culture.

Beyond our numerous weekly Explorer sessions, during which we researched the effects of various Hemi-Sync sound patterns and sent Explorers "out" (in?) to obtain information on specific questions, we also offered the M-5000 Training Program. The M-5000 was so named because our intent was to train five thousand people in the arts of consciousness expansion and personal development. The very first program was presented at Esalen in 1973 by Bob and an engineer associate, Bill Yost. In a weekend format, the M-5000 consisted of hour-long, taped Hemi-Sync exercises in Focus 10 and 12 which, interspersed with discussions, meals, and short rest periods, went on around the clock. Needless to say, this 24-hour vigil kept by the two trainers, and the discomfort of participants lying for long hours in a prone position,

made us take a look at redesigning the program. Nevertheless, the workshop was a huge success. Word about this intensive and unique program spread quickly as the participants shared their experiences with others. Requests started coming in to bring the M-5000 to various regions of the country.

The M-5000 training eventually evolved into the Gateway Programs. These programs included the *Excursion* (one day in Focus 10); the *Weekend* (2 days in Focus 10 and 12); the *Advanced 15 Weekend* (21/2 days in Focus 10, 12, and 15); and the ten-day *Explorations* (later to become the six-day Voyage). We shortened the tapes to 45 minutes, inserted more break times, and had standard sleep periods (with the exception of an occasional 2:00 a.m. tape). I was flying (physically) around the country, conducting our programs in such places as a Jesuit training center, an Episcopal diocesan center, motels, YMCAs, retreat centers, living rooms; in short, wherever we were asked to present them, and wherever we could find enough space to “lay out” 20 to 40 people and their accompanying air mattresses, sleeping bags, and pillows in comfort.

As my time became devoted more and more to traveling around the country conducting programs, we hired a “real” secretary, an administrator, and trained several others to help facilitate the programs. An advisory board of 15 was formed to assist in the setting of policies for the Institute. Research continued in the lab as we expanded the Explorer team with other talented people. New tapes were developed as a result of our research and, by 1980, we decided to make Hemi-Sync tapes available to the public. This decision caused some consternation to one of our Menninger associates who felt it unwise to release such an intensive technology to the public at large!

In 1979 we moved the Institute to Nelson County, Virginia, about ten miles from our previous location. Here we built the residential center for our programs, later followed by the administrative offices, a conference building, and a new lab. As more people participated in our Gateway programs and experienced the Hemi-Sync tapes, our shape changed rapidly from a small, very personalized research effort to an organization which ballooned out nationally as well as internationally. Not only was this happening as a result of the extensive word-of-mouth reporting from the people experiencing profound effects from using the Hemi-Sync technology, it was also due to Bob’s first book, *JOURNEYS OUT OF THE BODY*, by then translated into seven languages, and the 1985 publication of its sequel, *FAR JOURNEYS*. From the massive amounts of mail we received in response to Bob’s books, to the written reports of people hailing the efficacy of Hemi-Sync, there was no doubt that we were on the leading edge of interfacing technology with human consciousness. We were challenging limiting belief systems with new considerations. As an example, one of the simplest, although perhaps most potent was, “I am more than my physical body.”

And then it happened. A movement of large enough proportions to have itself named. Enter the “New Age.” Suddenly there appeared/sprang a number of “disciplines,” tools, techniques and programs—many aimed at helping people obtain a desired state of being, many aimed at the commercial possibilities. Around us grew a new kind of language, with the accent on love and light, seasoned heavily with Eastern tradition references (Chakras, Kundalini, Chi, Ki, Samadhi, Satori, etc.).

For many years, we at the Institute have worked hard to demystify and westernize our approach to such phenomena as the out-of-body state, “channeling,” healing, paranormal functioning, whole-brain thinking, and the like. This is so Western minds can more comfortably use what we have to offer. This is also to strip from these areas of inquiry the limiting beliefs and rituals which enshroud the facts. However, we very much acknowledge the viability of the Eastern traditions. Having studied Zen Buddhism in Japan, I am personally aware of the richness of Eastern thought and of the difficulties encountered by the Western mind in fully grasping and applying it in our Western lifestyles.

During the past decade of the 1980s, we stayed on the leading edge of exploration and development of consciousness, though there was (and still is) a plethora of look-alike Hemi-Sync systems, tapes, and hardware. In 1985 we shortened our name to The Monroe Institute and changed our form to a nonprofit organization; this allowed for tax-deductible contributions, which in turn allowed us to expand our research. Since we have not been tethered by the necessity to please the scientific community (we still invite others to conduct such research), we forged ahead with our applications-oriented style of “Inquiry, Information, Innovation.” One such innovation came about in 1987 with our *Human Plus* series, which has proven to be a very effective training system for gaining control over one’s mental, physical, and emotional systems.

For the sake of brevity (or is it too late for that?), I am gliding over a number of years, and will simply note that there were many trials and errors, successes and failures, both with various projects and in relationships with people. It is important that I add here, too, that without the involvement and cooperation of all those connected with the Institute over the years, we would not be where we are today.

Moving up in time, during the last year alone, we have initiated our brainmapping research project (see BREAKTHROUGH Fall 1987, Fall 1988, and Fall 1989 for the genesis and development of the project), Personal Resource Exploration Program (PREP), and the talented subjects project; expanded our Professional Division to 190 members who are conducting various research projects in their professions; broadened our total membership at the Institute by 47%; and increased our staff by five people. Our *Gateway Outreach Program* now has 93 trainers; our *Voyage, Guidelines*®, and *H-Plus*® programs, 18 trainers.

As for 1990? We are designing and developing new, more sophisticated Hemi-Sync hardware. Research with the brainmapping equipment will continue. Bob's latest book, *ULTIMATE JOURNEY*, is scheduled to come out this year. We now have the entire *Gateway Experience*® translated and voiced in German, and the same is in process for French. There are plans for a London branch of the Institute. We also plan to have special, personalized Hemi-Sync tapes available. These are just a few of the ideas we have in the making for the forthcoming year.

There is one final comment I would like to make in closing. To all of you who have contributed your effort, time, thought, money, blood, sweat, and tears to our efforts, I salute and thank you. And, I suspect, so do the thousands of others who have benefited from all of our efforts.

(TMI Focus - Winter/Spring 2003)

The Early Days - 2003

Nancy "Scooter" McMoneagle is a professional astrologer and also works with her husband, Joe, in their consulting business, Intuitive Intelligence Applications (<http://www.mceagle.com>). She was instrumental in the development of The Monroe Institute® and its Hemi-Sync® tapes and programs, later serving as the Institute's director, 1983-1991. Nancy has served two terms as president of Virginias Nelson County Chamber of Commerce and is currently a writer for Florida-based Ivanhoe Broadcast News. She has received the title Dame and rank of Officer's Cross from one of the oldest organizations of European knighthood, the Order of Saint Stanislaus. She currently resides with her husband and their seven feline "fur children" in the mountains of central Virginia.

For all the great contributions Robert Monroe has made to thousands of people across the globe, he was always the first to say he wasn't altruistic. In fact, Bob didn't believe altruism was possible, and consistently vowed that his work was not for the betterment of humanity. He simply stated that everything he did was solely to satisfy his own curiosity. And though it's true that Bob did have a vastly curious and brilliant mind, it's always been my opinion that he "doth protest too much." Far too many benefited from his work for him not to have cared about helping humanity. But then, who was I to challenge him?

In fact, besides being Bob's stepdaughter, I was his first full-time program trainer, fan mail answerer, national program coordinator, secretary, driver, and public relations person. I assisted in designing the early programs and in writing the trainer's manuals, and was also one of the "research team," which later became known as the Explorers. In short, I wore every hat possible in the early days, and was honored to be a part of building the foundation of what would become known as The Monroe Institute. After working for Bob and the Institute for nearly two decades, I resigned as director in 1991 and started my astrology practice.

It was truly thrilling to work with Bob as he experimented with us family members and then others, attempting to elicit varying states of consciousness. To do this he used different sound combinations, mixing in his rich and resonant voice for guidance. These states ranged from mild relaxation to other non-ordinary, or altered, states of consciousness, including the "time between lifetimes" and the out-of-body state. It was like being an astronaut (or "astralnaut," as we jokingly called it) as we explored realms beyond our usual earthly concerns, far beyond the perceptual confines of space and time.

Bob's Original Plan (BOP)

Bob actually started looking into the effects of sound some years earlier due to his interest in sleep learning, as well as a desire to learn more about controlling out-of-body experiences.

And it was during the '70s that Bob, with the help of a number of individuals, started putting his work together in a form that would, indeed, be the foundation for bringing something of value to a large number of people worldwide.

To facilitate his research, Bob built a specially designed lab at Whistlefield, the country home in Virginia where the family then lived. Although he initially called the lab "Whistlefield Research Laboratories," he soon changed it to the Monroe Institute of Applied Sciences, or M.I.A.S. for short—Bob did so love his acronyms! It wasn't until 1985 that M.I.A.S. was called The Monroe Institute, now known as TMI by so many. That was also when it became a nonprofit organization.

Now armed with a lab that included a control room and three shielded rooms or "booths," which were outfitted with audio and with galvanic skin response measuring units, he had the perfect set-up for testing his audio guidance system. In the booths the Explorers would lie down on comfortable beds, listen to and report on the effects of the audio combinations he fed to each person via stereo headsets. Bob used to joke that he was "reeling us out and bringing us back in," with his special sound concoctions. All along, of course, he was recording the correlations between the sound combinations and our experiences.

In addition to family members who participated as Explorers, there was a core group who consistently came to the lab weekly for sessions in the booths. These early supporters and contributors to Bob's work included Bill Yost, Tom Campbell, Dennis Mennerich, John Laurence, Rosie McKnight, and Shay St. John, to name just a few. There were also a number of other dedicated individuals such as Fred "Skip" Atwater, now the Institute's director of research, who gave their Thought, Energy, and Time—or TET (one of Bob's favorite acronyms) to the research effort. In Bob's mind, sharing your TET spoke volumes about your commitment to the work. Several books have been written by some of these early contributors, including Rosalind McKnight's *Cosmic Journeys* and Skip Atwater's *Captain of My Ship, Master of My Soul*. Tom Campbell's *My Big TOE (Theory of Everything)* has just been published.

As Explorers, we had to learn to report verbally, no matter how deep the state or how "far out" we happened to be, so that Bob could determine which sounds correlated with which experiences. At times he would have two or three of us "travel together" to these other, nonphysical realities—sometimes we reported separately (often with amazingly similar details), and sometimes he would open our mikes, allowing us to hear each other's perceptions. I recall those particular sessions being incredibly intimate experiences.

Another way Bob observed what was going on with each Explorer was via the galvanic skin response (GSR) readouts transmitted to the control room from electrodes we put on each time we climbed into the booth. The GSR gave him a feel for any major changes in our physical

state of relaxation or tension. Not only was this a valuable guide to how we were doing, it also gave him more data about how we were responding to the particular sounds he was combining and sending to us via the headsets.

When it came to labeling which state we were in, or where we were being focused, Bob felt that using numbers was a clean and simple way to identify the states of consciousness. C-1 stood for “Consciousness Number One,” the state of being fully wide awake and alert. Focus 10 became the state of mind awake, body asleep; Focus 12, the state of expanded awareness; and Focus 15 was the state of no time.

Thanks to information that certain Explorers “brought back” from their experiences, Bob then guided people to even “higher,” or perhaps more accurately stated, deeper and more profound states of awareness. For example, Shay St. John, then Shay Ellsworth, was an Explorer who had a special connection with an intelligence whom she called Miranon. As a result of many sessions with Bob in which Shay communicated with Miranon, a number of ideas evolved that were eventually incorporated into the Institute’s programs—such as the *GATEWAY VOYAGE*® exercise that takes participants through various color patterns and foci to reach Focus 21, the Bridge between physical matter reality and other energy systems.

After much trial and error and a host of Explorer sessions, the distinct sound combinations to reach specific states were determined and implemented, and Bob began making what became known as the Hemi-Sync® taped exercises.

Beginning Expansion of Bob’s Original Plan (BE-BOP)

With word now out about his studies of the effects of sound on consciousness, and because of the burgeoning success of his book, *Journeys Out of the Body*, Bob was invited to conduct a workshop at Esalen Institute in California. And so it was that his very first program was born. Bob and his engineering friend, Bill Yost, conducted the first of the Monroe consciousness training programs in 1973 at Esalen using Bob’s special tapes of verbal and audio guidance. Bob eventually received a patent on the binaural beat audio technology based on the Frequency Following Response (FFR) process. FFR combined with other audio elements then became known as Hemi-Sync, short for hemispheric synchronization of the two halves of the brain.

This first weekend program, called the *M-5000*, offered round-the-clock taped exercises, which guided the participants into various states of consciousness. Each tape was an hour long, and other than bathroom breaks, time out for meals, and brief rest periods, the participants were “on tape” the entire time. Physical exercise wasn’t a consideration back then. Thankfully, this procedure evolved into a much more balanced approach in years to come.

The *M-5000* participants reported a wide range of extraordinary experiences (with that kind of nonstop tape schedule, I guess so!) and there was great success in rapidly achieving the kind of deeply meditative and altered states of consciousness that yogis or skilled meditators typically took years of practice to achieve. Seeing the powerful effects of his Hemi-Sync tapes when used in a group setting, Bob knew it was time to take this process to the next step. By the mid-'70s, we were offering the *M-5000* weekend and a ten-day program at local motels and retreat centers in Virginia. Soon thereafter we took the "show on the road," giving the *M-5000* programs across the United States.

The "M" in *M-5000* came from one of Bob's company names, Mentronics, and the 5,000 referred to the number of people he hoped to have experience his special audio guidance system. As of now, over 20,000 people have attended Institute programs, and well over a million have listened to the Hemi-Sync tapes and CDs. His books have been translated and published all over the world.

Eventually the *M-5000* name was changed to the more descriptive *GATEWAY VOYAGE*®, for it did indeed provide a gateway into other states of consciousness. And with every passing year the program became more and more popular as people heard about the massive personal breakthroughs program participants were having. A number of other programs have since been added to the curriculum, but in the early days, we had our hands full with the ten-day and weekend *GATEWAYS*. Thankfully, we were very fortunate to have some talented people come on board as program facilitators, including Christopher Lenz, Karen Malik, and Melissa Jager, to name just a few of the "early birds" who were very important to the success and growth of the Institute. This is especially true of Karen Malik, who has stuck with the Institute through thick and thin, and is currently celebrating her twenty-sixth year as a Monroe Institute trainer!

It was fascinating to watch the Institute and its offerings evolve over the decades, and I'm tremendously grateful and proud to have been a part of its development and expansion. Because of the dedication of countless individuals (and tons of TET!), Bob's work continues to this day. Perhaps the guiding force supporting Bob's curiosity and his original plan could best be described by a quote from Star Trek: "To boldly go where no man has gone before ..."

(TMI Newsletter, December 12, 2013)

TMI Welcomes Nancy McMoneagle - 2013



Dear TMI Friends and Family,

It's been quite a year! You have seen TMI through crisis, resolution, chaos and transformation. As 2013 winds down, we are ending the year with further notice of great change.

Walter Stock yesterday resigned his position as executive director and president citing personal reasons. Walter, former chairman of the TMI board, was appointed to the role after the death of Carol de la Herran in July. Deeply committed to The Monroe Institute, Walter unhesitatingly relocated from his home in Toronto, Canada, to Faber, Virginia, here in the US. Our profound gratitude and respect go with Walter for his service on behalf TMI's work worldwide.

Today Nancy "Scooter" McMoneagle announced her acceptance of the executive director and president position. As many of you know, Scooter is Bob Monroe's stepdaughter. In the mid-seventies she was instrumental in helping develop what would later become The Monroe Institute. From 1983 to 1991 Scooter served as director, ushering TMI into a time of fast growth and global recognition. Her return at this juncture seems particularly relevant, as TMI is once again on the brink of expansion. We could not be more delighted to welcome her back.

It is a commonly held understanding that The Monroe Institute has its own consciousness, its own sense of purpose, and that the purpose is supported from a multidimensional perspective, as well as in the physical. We acknowledge the perfect timing in which each administrator has contributed his or her passion, skills, energy, and time to that purpose.

We join you in looking forward to what TMI manifests next!

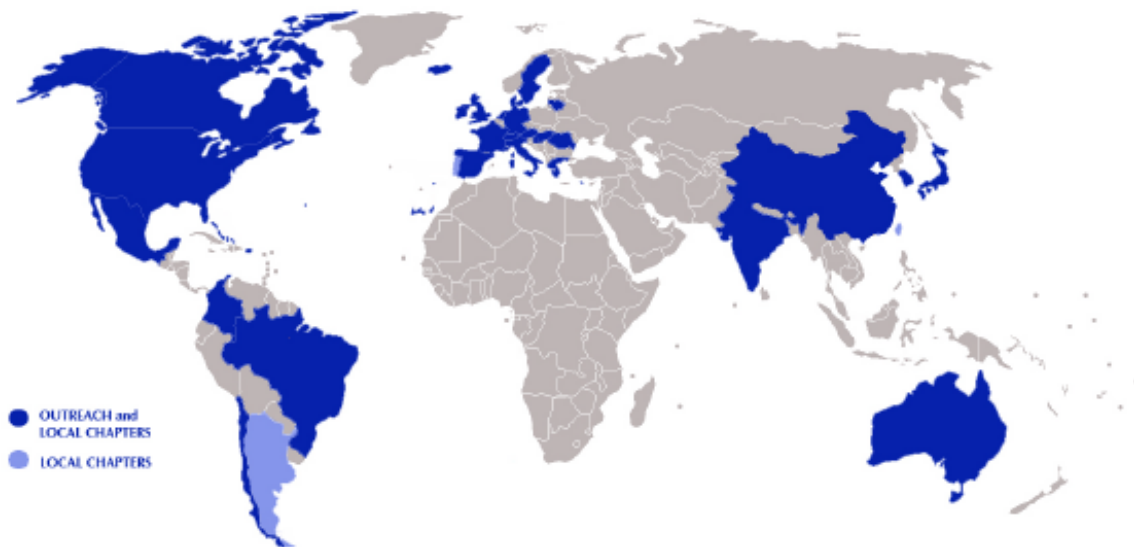
(TMI Newsletter – April-May 2014)

Things Are Popping! - 2014

Greetings, Everyone!

I hope it's as gorgeous wherever you are as it is here at the Institute. In the Northern Hemisphere, springtime is gifting us with renewal. Virginia's dogwoods are blooming exuberantly, along with a multitude of other beautiful trees and brightly colored flowers. Birds are regaling us with their melodic songs... What more could one ask?

I'm happy to report that in addition to nature's gifts, TMI is springing forth in a number of new directions. Things are popping! We are delighted with the addition of 14 new Outreach facilitators, an extraordinarily successful Lucid Dreaming Intensive program, the revitalization of our research efforts with a SAM research project at Northwestern University, a newly renovated bookstore, and a fun new SAM-driven CD featuring cheery bird songs I recorded here early last May.



Welcome to our new Outreach facilitators, who recently completed the Facilitator Training Program (FTP), expertly led by Andrea Berger and Beth Vaughn! This lively group will offer Excursion workshops in seven countries (Chile, China, France, Italy, Mexico, Romania and the UK) and five U.S. States (OK, NM, NV, TX and VA). This brings our Outreach trainer body to 130 people in 30 countries!

We're also excited about the current redesign of TMI's website, which will make the site more user-friendly, attractive, and functional, as well as the rewiring of the Nancy Penn Center

(NPC) to provide a better audio experience and eventual biometric data feedback within each CHEC unit.

On the less fun side, we were without water throughout the Nancy Penn Center and office buildings at the end of last week due to major problems with our circa 1959 water tank. Thankfully, the Lifeline program was in full swing up at the Roberts Mountain Retreat (RMR) center rather than down at NPC. The old water tank has been patched together enough to last until we can replace it. That will occur this summer, when we're also scheduled to renovate another of the bathrooms at NPC. Never a dull moment!

In other news, details of TMI's new program offerings will be revealed soon in a special announcement (watch for it!), but to give you an idea of the excitement engendered by the recent Lucid Dreaming Intensive designed and conducted by Luigi Sciambarella and Thomas Hasenberger, participants said: "Brilliant approach...congratulations!...one of the best programs I have attended at TMI! ... ingeniously took us very deep and into some profound activities, while keeping a light mood."

We'd like to thank all of you who have so generously donated to TMI. You are actively engaged in taking the Institute to its next level. Since the beginning of the year, your contributions have so far supported the SAM research project at Northwestern and been applied towards the rewiring of the NPC. We will update you on the results of the SAM study when the project is complete and will let you know when the Center's rewiring project has been accomplished. Stay tuned!

And on a final note, I love being back at the Institute. It has been an amazing voyage so far, even as it demands a prodigious amount of multi-tasking—as well as maintaining a strong focus on our vision for the future. Both personally and professionally, I deeply appreciate your support and your help as we all work to accomplish TMI's mission and respond to Bob's incitement, "Get it out there!"

With warmest wishes,

Nancy McMoneagle

A handwritten signature in black ink that reads "Nancy McMoneagle". The script is fluid and cursive, with the first name "Nancy" being more prominent than the last name.

Executive Director, President
Monroe Institute



The

(TMI Newsletter – July 2014)

OBEs Then and Now - 2014

Hello, Everyone!

Given what Monroe Institute program participants are saying, the desire to have an OBE is as popular now as it was 43 years ago when Bob Monroe's first book, *Journeys Out of the Body*, was published. In fact, attaining the out-of-body state may be a more popular aspiration than ever now that "out-of-body experience" is a mainstream expression. Thank you, Charles "Charley" Tart, for helping to popularize the term!

With Bob Monroe as my friend and mentor, I was a fortunate teenager to have learned techniques from him about how to travel out-of-body. One of my strongest OBE memories is of "flying" with Bob and my mother, Nancy Penn, as Bob led us on an exuberant joyride. This was not about going into other Locales, such as Bob describes in his books; instead, we kept it "local," swooping over the lush Blue Ridge Mountains, zooming fast and low to the ground like jet pilots flying "nap of the Earth," then soaring high up into the air, doing rolls and spins, much like you might see at an air show. It was an exhilarating experience and great fun—something I will always remember with deep fondness.

The next day I told Bob and Mom about my experience, wondering if I had actually been out of body or possibly just dreaming. They both grinned and acknowledged having had the "joyride" experience with me. What a rush that was, knowing it was a real, shared OBE! There have been other out-of-body experiences since then, but that was the only mutual adventure with them—that I can recall!

Despite being famously known for his OBEs, Bob did not want to focus solely on teaching the out-of-body process. He didn't want to imply that exploring consciousness was reliant on the OBE. To Bob, OBEs were a means to an end—a personal gateway into the realms of consciousness exploration. Today, TMI programs continue to focus on providing tools to achieve, explore and use diverse and profound levels of consciousness. Our programs have given tens of thousands of people the means to discover and experience the magnitude of who they really are, to **know** that they are more than their physical bodies.

For those interested in specifically learning techniques to achieve the out-of-body state, we have William Buhlman's *Out of Body Intensive* program here at TMI. Through Bill's books and the Intensive, he gives people unique tools to achieve OBEs and to expand perceptual capabilities far beyond physical limits.

On a final note, for some captivating "inter-dimensional" reading that connects science and spirituality, I highly recommend *Time Travel Rabbit*, by Momi Douglas (aka Douglas Fir), a TMI friend from years past. I couldn't put it down!

With warmest regards,

Nancy McMoneagle

A handwritten signature in black ink that reads "Nancy McMoneagle". The script is fluid and cursive, with the first name "Nancy" being more prominent than the last name.

President, Executive Director



(TMI Newsletter – August 2014)

Energy Healing at TMI - 2014

From the Director's Chair (or the "Hot Seat," as some refer to it!)

Hello, Everyone!

Those of you who knew Bob Monroe or who have been around TMI for a while will recall that Bob was extremely cautious about how he described TMI's work in consciousness exploration. Any terms that could be construed as religious, "New Age," or possibly interpreted as making vague, non-provable claims were verboten—such as "spiritual," "God," or "healing."

Despite the numinous, exceptional human experiences people often had and continue to have in TMI's programs, Bob preferred to use scientific versus mystical terminology whenever possible, both in our consciousness research and in TMI's courses.

In March of 1995, the week before he died, while addressing a Lifeline program group, Bob asked if there were any healers in the room. Internationally-known energy healer and teacher Barbara Brennan, a participant in the program, agreed to do a healing session with him. As the group watched, a massage table was brought in, the lights were dimmed, and Barbara began working on Bob. Longtime TMI Trainer Franceen King recounts what took place:

With the very first move, she reached for his throat and pulled out a long shaft of energy. Her work with Bob was like a light show. You could see her pulling things out and moving energy. At one point Barbara told him she would sing to his liver, bent over and began toning. While she was working, many of us were aware of Nancy's presence. She came into the room. You could hear a pin drop. Many people were able to see the energy moving. It was very powerful.

Months later, after Bob's passing, Barbara revealed that she had felt that he, on some deep level, agreed to pass on soon, so her healing was more of a rendering of comfort and the highest functioning possible for his last months of life.

An important point here is that Bob, who felt healing was just too non-scientific to include in The Monroe Institute's curriculum, was open to a personal, public healing performed by one of the most famous energy healers in the field. With that event and the subsequent openness to consciousness exploration that has occurred in the world since Bob's passing, and with a respectful bow to Bob, this newsletter is dedicated to the topic of energy healing.

So ... if Bob had stayed with us another ten or thirty years, who is to say how his views and vocabulary might have evolved or how he would have felt about energy healing and its place at the Institute? What we do know is that we are proud to be offering powerful training programs that provide effective methods and tools for accessing, expanding, and using healing energy in our lives!

(TMI Newsletter October 2014)

The Greatest Gift - 2014

Hello, Everyone,

When I was fifteen years old, Bob Monroe gave me the best birthday present I've ever received. Bob, my mother Nancy, and I sat in our den with only a single candle for light and as a focal point—I on our old sofa and they on chairs facing me.

Bob counted me down into deep relaxation. Then he took me back through my life from the present to my birth. During the birth re-experience I began having trouble breathing. Bob quietly asked my mother if there had been problems during my delivery. She confirmed that, yes, I'd almost died! Bob moved me quickly through that segment.

I found myself in a very dark, pleasant, and formless place for a period of time. The formlessness then shifted to a paradise-like setting with rolling hills, emerald green grass, the sun sparkling on the lake before me, and beautiful bird song. I wandered about, observing and enjoying the beauty of it all. Then, another shift occurred and suddenly I experienced myself as one with everything. I became, beyond doubt, connected to and part of the All That Is. I was the lake. I was the birds. I was the trees, the meadow, and the sunlight ...

A bright white light came toward me. As it approached I felt feelings I never had before and can't describe. It was a crescendo of cosmic-divine-creator energies. I was raised in the Methodist church, so I interpreted this light and energy to be Christ. Tears of joy and bliss rolled down the cheeks of my physical body while in the other place I was beyond self. I felt joined with this creative Divine being. Words fall so short of capturing what that was like. Eventually Bob counted me out. I could not contain my gratitude and walked around for days in an altered state of bliss.

Can you imagine what that meant to a young teenager just beginning to walk her path of self-discovery? Bob was my mentor and friend, then my stepfather. He inspired me, challenged me to stretch beyond conventional limits, and helped me open the doors of perception.

As with most close family members, Bob and I shared victories and setbacks, love and frustration. Now it is an honor to be in a position to help evolve his vision.

In a very real sense, The Monroe Institute is to the world as Bob was to me—a mentor-friend and sometimes parent—for each person who has awakened to his or her expanded self through our programs and technology. TMI tells us we are okay, that we're not crazy, that

things like OBEs and communication across realities are legitimate human experiences. Exceptional human experiences, yes, but definitely human. TMI encourages us to find the truth for ourselves, to “turn beliefs into Knowns,” as Bob said. We feel nourished and inspired and deeply connected in a shared mission to further the exploration of consciousness, expanded awareness, and discovery of self.

Along the way, through this process, we bond with one another. People the world over whom we have never met in the physical become our brothers and sisters, our aunts, uncles, and cousins. Along the way we realize we are a part of something big and wonderful.

We are Family.

A handwritten signature in black ink that reads "Nancy McMoneagle". The script is fluid and cursive, with the first name "Nancy" and last name "McMoneagle" clearly legible.

Nancy McMoneagle

Executive Director and President



(TMI Newsletter, November 2014)

Gratitude - 2014

Hello, Everyone ~

Here in the States we are about to celebrate our Thanksgiving holiday. I have so much to be grateful for and Thanksgiving is always a perfect time to take stock. As I reflect on the gifts and blessings that TMI has received during the past year, I am reminded that thanksgiving is a state of mind. To live in gratitude not only acknowledges the countless others who have enriched my life and sustained TMI, it deepens my awareness of the connection with All.

My special gratitude goes to Bob and Nancy Monroe, founders of The Monroe Institute and Interstate Industries, Inc. (dba Monroe Products), for their unflagging commitment to offering our unique consciousness tools throughout the world. Next year, 2015, will be the 100th anniversary of Bob's birth and the 20th anniversary of his death.

So, to my TMI family and friends in spirit and in flesh, thank you from the bottom of my heart!

With love and gratitude,

A handwritten signature in black ink that reads "Nancy McMoneagle". The script is fluid and cursive, with the first name "Nancy" being more prominent than the last name.

Nancy H. McMoneagle
President and Executive Director



(TMI Journeys – February 2015)

What Exactly is Consciousness? - 2015



Hello, Everyone!

As children we dream of what life may be like decades into the future. How will I look? Who will I marry? What will I do?

I don't know about you, but my seven-year-old self never imagined *this* future—being mentored in out-of-body travels by my stepfather and then marrying a remote viewer; guiding a family business dedicated to providing tools and technologies to expand the uses and understanding of human consciousness; being in a privileged position to participate in the global shift we are experiencing at many levels.

Yet, here I am. Here are we all, exploring consciousness and finding that we are so much more than our physical bodies. But what precisely is “consciousness?” According to the dictionary, consciousness is, “the upper level of mental life of which the person is aware as contrasted with unconscious processes, also the quality or state of being aware.” Hmmm. There must be more to it than that!

Recently we asked our Facebook fans, “What is consciousness, beyond the dictionary definition?” More than sixty people chimed in. While there was a general theme to the replies, they were varied and subjective. Ultimately, of course, we can only know consciousness from our own experience. Bob Monroe offered what is perhaps the broadest definition: ***We are expressions of energy. Consciousness is focused energy. Energy focused is exponential. Consciousness is a form of energy at work.***

A form of energy at work! That pragmatic view of consciousness is precisely the basis on which The Monroe Institute was founded. For Bob, the “What is it?” question evolved into “How

can I use it?" and ultimately, "How can I teach others to use it?" Therein lies the purpose of TMI. Bob incorporated a lifetime of investigation and experience into the designs of **Gateway Voyage®**, **Guidelines®**, and **Lifeline®**. All TMI programs that follow incorporate and expand upon those fundamental rudiments.

My seven-year-old self could not have conceived of the global educational network that I have seen develop; the "uplift-ment" of millions of people who have learned through Monroe programs and products, and, in turn, taught others to explore and utilize that "thing" called consciousness.

As we move into 2015, I sense more big change coming. With a deep inner assurance that TMI will continue to expand and fill a powerful role in the positive outcome of our future, I dedicate this issue of our newsletter to Consciousness.

To your best life,

A handwritten signature in black ink that reads "Nancy McMoneagle". The script is fluid and cursive, with the first name "Nancy" and last name "McMoneagle" clearly legible.

Nancy H. McMoneagle
President and Executive Director



(TMI Journeys – April 2015)

Forward Momentum - 2015



Hello, Everyone,

There's nothing quite like the feeling of excitement and satisfaction that comes when passionate interest, careful planning, successful collaboration, hard work, and clear intent combine to produce outstanding results!

Last month I had the great pleasure of speaking before the 26th Professional Seminar here at TMI. High energy was palpable as I stepped up to the podium to deliver the State of the Institute address. The crowded conference room was filled with representatives from the many groups who, together, comprise The Monroe Institute. I recognized Professional Division and other members, Outreach and residential trainers, Board members, Local Chapter Network folks, staffers, and valued friends and supporters. My heart filled with gratitude for these people who gave their all to make last year's wonderfully positive outcomes possible.

I won't reiterate that lengthy list of outcomes now. If you are interested in the details, scroll down to see the video of my presentation.

Bob Monroe's end-of-life admonition to provide something of value and "Get it out there!" has helped to inspire TMI's accelerating forward momentum. This being his centennial year, we're celebrating Bob's life and work throughout 2015. In that spirit, the Professional Seminar was thrilled to welcome a stellar speaker lineup, including Marilyn Schlitz, PhD, Charles T. Tart, PhD, and William Buhlman. The video of these presentations and others will be viewable online free as soon as postproduction is complete.

While the Seminar was gearing up, a small group met privately at TMI. Leaders from several consciousness-based organizations convened to launch an Alliance. Our intent: to take the

next powerful step in our collective journey to become more effective, offer greater service, and advance the evolution of our work in the investigation and understanding of consciousness through strong, collaborative effort. I will share more on this as events unfold. Meanwhile, I can say this first meeting was a resounding success. Our next gathering is on the books!

As TMI continues to build upon its solid foundation established throughout the last several decades, we witness the ongoing expansion of Bob's legacy. He left us a map. You perpetuate his legacy by using that map to probe farther and deeper, exploring the innermost territories of your expanded Self. As you do this, the map is updated.

Take a look at our latest "map updates!" Nine exciting new programs are being launched, several of which are already on the calendar; others have premiered to rave reviews. And, one of our long-held dreams is finally coming true with the launch of our first online program on June 22nd, the Gateway Experience Wave I.

With appreciation for Bob's boundless curiosity and echoing the theme of the 2015 Professional Seminar, I enthusiastically dedicate this issue of the newsletter to "The Legacy of Robert A. Monroe."

To your best life,

A handwritten signature in black ink that reads "Nancy McMoneagle". The script is fluid and cursive, with the first name "Nancy" and last name "McMoneagle" clearly legible.

Nancy H. McMoneagle
Executive Director & President



<https://youtu.be/B02270jIWh0>

(TMI Journeys – August 2015)

What is the Heart of TMI? - 2015



Hello, Everyone!

The view from the Director's chair is unique. My perspective reveals a panorama the length and breadth of The Monroe Institute. Its terrain from inception to the present is crisp and clear, solid. From now forward I sense a strong path, as yet unfocused, but vibrant and alight with potential.



Having hiked this landscape from its beginning I am familiar with the topography. I remember so well our family gathered around the supper table at Whistlefield circa 1971: Bob, my mother Nancy, sisters Penny and Cindy, brother A.J., and step sister Maria (Laurie seems to have been off doing her own thing during this time). We are all talking animatedly about the nascent institute, sharing ideas and excitement about its future. What a creative and unifying

experience it was for the family! The field generated through that process was and is intensely rich with possibility. It absolutely sparkled!

There was something else at that supper table; something that Bob didn't speak of, but which is the central core of TMI. **Heart.** I can't mention Heart without acknowledging someone without whose heart The Monroe Institute would probably not exist, my mother, Nancy Penn Monroe.



Nancy's love and steadfast support of Bob became the tarmac from which he could rise and soar. She was his most trusted advisor and silent creative partner. She hosted countless dinner parties and events, smoothing troubled waters with her southern grace and hospitality. She believed in the dream of TMI, its purpose and its ability to affect people in a positive way.

When I envision the heart of TMI I see faces, legions of people. Strong hearted, open hearted, brave hearted, kindhearted people who have given so much to the Institute. Some you may know—Elisabeth Kübler-Ross, Charley Tart, Tom Campbell, and Dennis Mennerich, Hal Puthoff, Russell Targ, and Rosie McKnight, to name a very few.

What is the heart of the Institute today? You are. I gratefully dedicate this issue of *TMI Journeys* to "Heart."

With my warmest and best wishes,

Nancy H. McMoneagle

Executive Director and President

(TMI Journeys – October 2015)

Practical Magic - 2015



Hello, Everyone!

Today we are celebrating a momentous occasion here at The Monroe Institute—the birth of Robert A. Monroe on October 30, 1915.

In one way or another Bob made a big impression on just about everyone he interacted with. I count myself at the top of that list! I was ten years old in 1962 when I first encountered “Mr. Monroe.” Later, in 1966, he became a friend of the family and brought magic into my life.

Once he gave me a prismatic metal object that flashed rainbows, saying “When you turn this, and focus on this, and ask a question, you can get answers.” Such a concept was not then part of my lexicon, and it shifted forever the way I saw reality.

I am certainly not unique in that respect. Today, I feel it’s safe to say that millions of people have experienced shifts, major and minor, as a result of Bob’s “magic.”

As we prepare to roll out the next hundred years, Bob’s influence remains a guiding presence. He was always ten years ahead of his time. In the role of executive director and president of TMI, I find myself asking, what would Bob do? Not in an effort to constrain the Institute by what I might imagine Bob would want. Rather, with his long vision, what might he see as the future of the world from this current vantage point?

Throughout 2015, we asked you to tell us how Bob Monroe changed your lives. And you responded! We said we would compile what we received and let you know how it would be used. So, here it is: you inspired us to develop a video project, one that will be produced over the next year and released by Bob's 101st birthday in October of 2016.

In the meantime, we are pleased to announce the release of [a very special video](#) created and produced by TMI's own Mike George for the occasion of Bob's centennial. Scroll down in the newsletter to view the animated short. I feel it captures the essence of Bob.

And please join us non-physically tonight at the Nancy Penn Center crystal here at TMI to launch the next hundred years. Together we are redefining the nature of consciousness.

With my deepest appreciation and great anticipation,

Nancy H. McMoneagle

A handwritten signature in black ink that reads "Nancy McMoneagle". The script is fluid and cursive, with the first name "Nancy" and last name "McMoneagle" clearly legible.

Executive Director and President



(TMI Journeys – December 2015)

Following the Breadcrumbs - 2015

Greetings, Everyone!

It's funny about life paths. Through a process of careful planning, serendipity, and intuitive leaps we move seemingly forward along our three-dimensional routes. Our futures fade into mist, unformed and uncertain, as exponential options unfold in front of us.

However, looking back, we can see how one choice led to another, how a lifetime of connections brought us to the present moment. By following the "breadcrumbs" we can gain clarity about our life purposes.

Lately, I was examining the breadcrumbs marking TMI's path, noting that each crumb could represent a node in what has become a timeline of The Monroe Institute. Together, these nodes form the whole.

Without putting too fine a point on it, one could say the first crumb was Bob Monroe's initial OBE in 1958, arousing his fear and then inspiring his curiosity. His subsequent search for answers (another crumb) drew the attention of engineers, physicists, psychologists, psychiatrists and others. A major crumb was the publication of *Journeys Out of the Body*, which galvanized a population into exploring the out-of-body state and to "find out for yourselves."

This is a familiar story to many, so, fast-forwarding a few years, Bob constructed the Whistlefield lab and launched the Explorer Program. A huge crumb represents contact with intelligent nonhuman life. From *Far Journeys*—

Like most humans, we were possessed with the idea or hope that there had to be intelligent life somewhere among the billions of stars that we could perceive physically. So in our play we took to sending our Explorers out beyond the solar system at what appeared a near-instantaneous change of locale. The instruction was to keep going until he or she perceived something worthwhile. They passed by the other suns, found other planets, but no intelligent life. It seemed to us a sterile universe. The change came in 1974. It took place in all of our Explorers within several weeks. Some had never met one another, so there was no cross-communication. In looking back to examine the reason for this massive change, the only thing that we could find was: we had inserted the affirmation developed for the Gateway Program at the beginning of each experimental session in the lab.

My own breadcrumbs began merging with Bob's when I was about fourteen years old. The daughter of a Christian mystic/psychic mother, and a deeply Methodist father, I was brought up

within a strong religious dynamic. The convergence of religion, spirituality, and metaphysics sparked in me a passion for the esoteric.

Crumb: As his present to me, Bob guides me through an exceptional human experience on my fifteenth birthday. Crumb: Esalen Institute invites Bob to give a program using the newly developed Hemi-Sync® that launched the M-5000 program, precursor to the Gateway Voyage. Crumb: the purchase of land and construction of the Institute. Crumb: the publication of *Far Journeys*. And on and on.

Looking back over that so-far relatively short but amazingly rich timeline, I am charged with excitement about the future of TMI. The breadcrumbs to be are like beautifully wrapped gifts, sparkling with anticipation and secret promise. In the weeks ahead we will reveal some of them to you, so be on the lookout!

Thank you for your good company on our mutual path. In appreciation for all that has brought us where we are today, I dedicate this issue of the newsletter to Breadcrumbs!

To your greatest future,

A handwritten signature in black ink that reads "Nancy McMoneagle". The script is fluid and cursive, with the first name "Nancy" and last name "McMoneagle" clearly legible.

Nancy H. McMoneagle
Executive Director and President



(TMI Journeys – January 2016)

You Delivered! - 2016

Hello Everyone,

This is my first chance since 2015 to say—a very Happy 2016 to you all!

Last year we launched new programs and initiatives that, with your direct assistance, are coming to fruition! For instance, and this is a biggie, we put out a call to fill two new staff and three new Board of Director positions. You saw our email blasts and responded! As a result, we received excellent resumes from very bright and accomplished candidates.

It is my great pleasure to introduce to you the people who are now filling those roles at TMI.

On the staff side, we are delighted to welcome Penny Harrison Latham, Director of Development and Partnerships, and Jenny Whedbee, Marketing Coordinator. Both Jenny and Penny bring extensive skills, knowledge, and experience to their roles. Their contributions are already making a major positive impact on the Institute. They are a marvelous addition to the best staff ever!

On the Board of Directors side, we are thrilled to welcome Joseph Felser, Claude Swanson, and Cris Van Cleemput. All three new members are authors, educators, and researchers, as well as being personally committed to the work and mission of The Monroe Institute.

You'll see what everyone has to say for themselves as you scroll down. For myself, I'd simply like to dedicate this issue of the newsletter to our new teammates and to wish them joy and great success in their work.

With warmth and appreciation,



Nancy H. McMoneagle
Executive Director and President



(TMI Journeys - June 2016)

Happiness - 2016

Hello Everyone,

You make me feel happy.

That statement may sound absurd to you. After all, it is likely we wouldn't know each other if we passed on the street. Nevertheless, the fact that you are reading this indicates that you have at least a peripheral interest in discovering and probing depths of consciousness of which you may be currently unaware. You are ready to explore—or you are at least considering it—and that makes me happy!

Happiness, that often ineffable, much sought after, and deeply cherished state of being can be elusive. Yet we persist in seeking it and revel in the peace and thrill of it. So essential is the human desire for happiness that America's founding fathers, when authoring the Declaration of Independence, felt it was imperative to state that citizens are "endowed by their Creator with certain unalienable Rights that among these are Life, Liberty and the pursuit of Happiness."

I was incredibly fortunate to be introduced early in life to the magic of navigating the currents and streams of human consciousness. My stepfather Robert A. Monroe initiated me into those mysteries when I was fourteen years old. I shared an out-of-body adventure with him and my mother. He guided me through my first exceptional human experience. I learned that these esoteric practices can lead to an expanded life, a more fulfilling and happier life, here and now.

It became Bob's *raison d'être* to share his discoveries, his map, if you will, with people everywhere who are interested in uncovering for themselves the treasure that Bob encountered. To that end, he co-founded The Monroe Institute whose mission it is,

For a moment, relax and enjoy this 2-minute video, *In Joy Every Day*. A program participant explains more eloquently than I can, the impact of her connection with greater awareness.

From the technologies invented to the programs designed, each TMI offering is another opportunity for you to connect profoundly with that sense of deep fulfillment. To that end, we are about to launch a brand new series of five-day/six-night residential programs under the title Journeys. Each program, or Journey, will take you on a Voyage to a particular consciousness destination.

This new program incorporates what has been developed from the time of Robert Monroe's first OBE to the innovative, more free-flowing and open design of some of the new programs now offered at TMI. We have developed specific exercises for each day that are designed to help you change your perspective, allowing you to manifest more Happiness in your life at all levels - for love, health, prosperity and guidance.

It is with clear intent for your experience of profound delight that I dedicate this issue of *TMI Journeys to Happiness*!

With warmest regards,

A handwritten signature in black ink that reads "Nancy McMoneagle". The script is fluid and cursive, with the first name "Nancy" written in a larger, more prominent hand than the last name "McMoneagle".

Nancy H. McMoneagle
Executive Director and President



(TMI Journeys – November 2016)

How Gratitude Lights My World - 2016

I have much to be thankful for.

Sure, that statement may sound cliché, and perhaps it is, but, bottom line, it's just plain true! While preparing to write this blog, I opened to the memory stream of times and events in my life for which I am deeply grateful. They bubbled up effortlessly and copiously—my teen and young adult years with Bob Monroe and the extraordinary opportunities he gave me—that peak experience on my 15th birthday, his sending me to Silva Mind Control and the Findhorn Community; the special audio frequencies I listened to while falling asleep and in the isolation booth sessions at Whistlefield. Revisiting those memories, and so many more, fills me with thankfulness.

Digging deeper, I encountered the fundamental lessons in gratitude given to me by Nancy Penn Monroe, my mother. From the time I was a little girl, Mom opened my eyes to the beauty of the world and the power of appreciating it. In the midst of a task she would pause and draw my attention to the perfection of dew sparkling on a delicate spider web, or the heart-opening grandeur of the sunset; even the captivating sound of the car's tires crunching on gravel as we drove down the road. She helped me to notice the beauty in everything. She taught me that there is a gift in every experience.

That approach to life is huge for me. It enriches me, makes me happier. It became my landing place—my center. In any situation, you have to ask, "What's the gift?" It's about paying attention, getting out of a mental frame, being aware, looking for the magic, spider webs gleaming. Everything goes back to light.

Filled with youthful fervor, as I struck a match and lit Bob's cigarette for him one evening, I told him I wanted to help change the world. Bob chose that occasion to teach me that there is no need to change the entire world. It starts with lighting a match, then one candle, and that flame ignites another, and so on. The light expands and proliferates. That's what is going on here, at TMI. It's all about the light of consciousness that continues to spread.

Gratitude feels good, there's no mystery there. But it's also a brilliant tool for gaining understanding about an issue. An "attitude of gratitude" helps to unhook from judgment. Gratitude shines a light on the gift in every experience. It helps me realize what's here for me. I can hear Bob's voice in my mind. "Get a different overview. Get out of local traffic!"

Of course, it's one thing to aspire to a different overview and quite other to achieve it. Focus 12 has long been one of my favorite Focus levels for many purposes, including guiding me out of local traffic and into the peace and insight of a "12 state" of consciousness. I've always loved the "Free Flow Focus 12" exercise from the *Gateway Experience*® album, *Threshold*.

Music is a marvelous tool as well. Hemi-Sync® and SAM with music are power tools! Some of my favorite attitude-shifting Metamusic® CDs are *Graceful Passages* and *Shaman's Heart*, as well as SAMusic's *Aqua Aura* and *Silver Wings*.

One of the greatest gratitude triggers for me is the people of TMI; witnessing your generosity of spirit, time, effort, and resources given with love to the work—and play—of the Institute. Each candle lit by another expands the light. All flames are significant. The glow is stunningly brighter now than when Bob lit the first candle.

With love and gratitude,

A handwritten signature in black ink that reads "Nancy McMoneagle". The script is fluid and cursive, with the first name "Nancy" and last name "McMoneagle" clearly legible.

Nancy H. McMoneagle
President and Executive Director



(TMI Journeys - December 2016)

Miracles Do Happen - 2016



by Nancy "Scooter" McMoneagle, Executive Director and President

I have the great honor of hearing about and seeing miracles unfold every day at The Monroe Institute. People from all over the world come to the Institute for various and deeply personal reasons. Often they bring a desire for a certain experience. An awakening. A knowing. A shift. Transformation occurs on a routine basis.

A recent Gateway Voyage® participant shared with me that after leaving the program, she saw an old friend for the first time in months. When they embraced the friend felt extraordinary love and joy. The friend also noticed and commented on an overall change in her outward appearance. Another grad told me about learning to communicate with his guide, who helped him speak to an old friend who had died. It brought him indescribable peace. Someone else told me about her uncontrolled high blood pressure that dropped to a normal range after a Gateway program.

The Monroe Institute has changed hundreds of thousands of lives.

Last month I wrote a blog about gratitude and how I look at "What's the gift?" in every experience. It's about paying attention, getting out of a mental frame and being aware. I am so honored every time a program participant or Hemi-Sync® listener shares their experience of wonder and amazement. I feel their energy, see the light in their eyes and the transformation they experience. It is such a joy-filled gift. We are so much more than our physical bodies, as Bob Monroe used to say!



The Monroe Institute has changed hundreds of thousands of lives. I am privileged to witness your profound shifts in consciousness every day, making the world a better place. I want to be able to offer these experiences to more people. I want to dig deeper into why and how it works. I want to demonstrate the benefits to the world community, beyond anecdotal reports, with solid research, which is why I have set some lofty goals for The Monroe Institute in the coming years. Our board of directors approved a very ambitious Five Year Strategic Plan that will advance our mission beyond anything we've achieved so far. I will be sharing these exciting plans with you as we go forward. My personal goal for TMI is to continue building on what my parents began, to maintain our position as a leader in developing the uses and understanding of consciousness, and to extend more widely the gift of awareness.

I hope you will participate with me in building a bigger presence on the world stage for The Monroe Institute. You can help by donating to the Annual Fund or to other TMI projects. Please join us in this remarkable journey!

(Monroe Institute Blog - December 27, 2016)

The Heart of Money - 2016

What is the place of money in our lives? Of what importance is it in the overall scheme of things? Why do some consider money (talking about it, asking for it, accumulating it) as "bad" compared to the "good" of spiritual pursuits?

Like many people raised in a Christian household, I learned that money was a delicate subject. The Bible says, "For the love of money is the root of all evil," which became foreshortened in my young mind to "Money is the root of all evil." I, like many others, believed there was something bad about desiring an abundance of money, because if you had too much, then you were "erring from the faith and would be met with many sorrows." Yikes!

In my family, we valued saving money and believed in working for a living. I earned a modest allowance, had my first job at age 14 (with Mr. Robert Monroe as my first boss!) and felt great joy when I had money of my own. I think about all this, especially at this time of year, when requests for donations for various causes and nonprofits are pouring in, and when TMI is running our own annual fund campaign.

Have my ideas about money changed since my early days? Absolutely!

What I have learned over the years is that money is not "evil." It is a means of energetic exchange. It is potential energy that can amplify whatever it is associated with, and if that is positive, money takes on that energy.

To give you an example, in my role as a nonprofit leader, I have to be concerned with how we pay for programs and research. At TMI we engage the best possible trainers to give individuals the highest probability of having a transformative experience. We provide the most comfortable accommodations in a tranquil, sacred space in the mountains in a relaxed environment of freedom, safety, and guidance that encourages exploration of expanded states of consciousness.

It all costs money. Simply put, money enables TMI to provide the best possible opportunities for those seeking meaning, personal freedom, and happiness. I wish we could do the work we do for nothing, giving it to everyone for free. But if we did not charge for our programs, we could not conduct research, create new programs, or even "pay the rent."

Every day I am awe-inspired by the people we attract to our programs, people in search of expanded consciousness, who invested their time and money in having experiences that will enhance their understanding of self, of life, and of reality as a whole. Thousands of people tell us they feel more connected and full of deep trust and peace after they take a Monroe Institute program, whether it is online, or in person. I am humbled to know that for almost half a century we have been providing the tools for positive life-changing experiences.

So, what does all of this mean? In my opinion, if we consider the “money energy exchange” premise, if we perceive money as a tool, as neither good nor bad, but as a means to exchange value for value. We use money but money will not use us! This is all very much about heart. We are talking about an energetic exchange of money for numinous experience, which is why I am committed to discovering the heart of money. I believe that if we think about—feel about—money in a new light, we can learn to love what it can do for us.

From that perspective, money is an investment in deepening our understanding and uses of consciousness, in nurturing an awakening planet.

What’s not to love?

Stay tuned to my blog for more discussion about money energy. In the meantime, I wish you a warm and wonderful holiday!

(TMI Journeys – January 2017)

The Greatest Possibility - 2017



***The willingness to consider possibility requires
a tolerance of uncertainty — Rachel Naomi Remen***

Recently this quotation showed up in my inbox. It carries an unmistakable ring of authenticity and, for me, characterizes the style of creative thinking we often employ at The Monroe Institute.

The willingness to consider possibility in the face of uncertainty is the life's blood of TMI people. You are asked to consider that you are more than your physical body. As evidence of that mounts, you may face uncertainty about your physical or mental health. "Am I crazy?" "Is what I'm experiencing real?" When you deepen trust of your perceptions, new perspectives open. Synchronicity accelerates.

What begins as a tolerance of uncertainty gradually becomes a strong appreciation for uncertainty as a tool. "Am I crazy?" morphs into "*What is the greatest possibility I am willing to consider?*" That question drives the Institute. It drove Bob Monroe. It drives me.

When we ask that question of you and of ourselves, and listen to the answers, what emerges is the future—our collective future and the future of TMI. Don't get me wrong, it's not all instant manifestation. A huge contribution of work, love, time, and commitment from many people shepherds that future into energetic and physical form.

... Which brings me to my purpose here. Thanks to a tolerance for uncertainty and willingness to consider possibility, TMI has seen unprecedented advances in new programs, marketing, and development in 2016. We have expanded our SAMusic™ selection, offer two free downloadable verbally guided meditation exercises, welcomed several new key staff members, proudly hosted Dr. Norman Shealy as keynote speaker at the Professional Seminar, published two e-books, one print reference guide, a development e-newsletter, a database of our research and reporting archives, and our first formal Annual Report. We launched a first ever

Advanced Excursion online workshop, and saw programs translated into German and Italian, as well as held the first Gateway Voyage in Africa.

We look enthusiastically forward to the birth of possibilities in 2017 that have been gestating throughout 2016 and before. Of tremendous import to TMI in Virginia, where Internet connectivity of 1.3 MB per second is considered fast (and where many neighbors are still struggling with dial-up!), we eagerly anticipate installation of a new fiber optic system early in the year. We look forward to offering several new programs including courses designed for specific populations, and an online Developing Intuition course. Our website will be translated into Spanish, programs will be held in Greece and Italy, and our Conscious Presence program will be translated into French. We plan to maximize collaborative efforts with like-minded groups and take a stronger leadership role in the human consciousness arena.

All this is cause for celebration and, as always, tremendous gratitude to the myriad of folks without whom TMI would not be thriving. As one of those people, you are encouraged to ask yourself this question.

What is the greatest possibility you are willing to consider?

To your best life in 2017!

A handwritten signature in black ink that reads "Nancy McMoneagle". The script is fluid and cursive, with the first name "Nancy" and last name "McMoneagle" clearly legible.

Nancy H. McMoneagle
President and Executive Director



(Monroe Institute Blog - March 23, 2017)

TMI Has Not Been Sold, Says Nancy McMoneagle - 2017



Our recent announcement of the purchase of Monroe Products (now named “Hemi-Sync”) by entrepreneur and Monroe supporter Garrett Stevens has stirred excitement as well as a bit of confusion. Let me clarify right off the bat—The Monroe Institute (TMI) has NOT been sold.

The Monroe Institute remains a 501(c)(3) non-profit organization, and is not affected in any way by the sale of Monroe Products to Garrett, other than we look forward to a creative and collaborative relationship with Garrett, AJ Honeycutt, who continues as president of Monroe Products (Hemi-Sync), and the rest of the Hemi-Sync staff.

If you have been unaware that The Monroe Institute and Monroe Products/Hemi-Sync are separate corporate entities, I can see where you might be scratching your head. Here is the scoop: A number of years ago, when TMI became a non-profit organization, Bob Monroe separated the production and sale of Hemi-Sync tapes (now CDs and downloads) and other products from the educational and research activities. The commercial operation became Interstate Industries, Inc., later to be called Monroe Products. Research and education came under the purview of The Monroe Institute, the non-profit organization. The Monroe Institute purchases Hemi-Sync from Monroe Products, and will continue to do so from “Hemi-Sync.”

To summarize:

- TMI has not been sold.
- Monroe Products has been sold to Garrett Stevens.
- Monroe Products is now called “Hemi-Sync.”
- TMI will continue to purchase Hemi-Sync products from “Hemi-Sync.”

We at TMI are excited about the evolution of Hemi-Sync, and, as ever, will continue to use the technology in our programs.

As always, TMI is developing new programs, implementing new research projects, and continuing to evaluate and advance SAM technology. If you have any ideas for future programs, research projects, or new technologies, we'd love to hear from you!

(Monroe Institute Blog - April 18, 2017)

My Mother's Dolphin Healing Established the Dolphin Energy Club - 2017

My mother, Nancy Penn Monroe, was married to Robert Monroe for 24 years. Mother had a great love of dolphins. In 1991 she came to love them even more. At that time, Mom found out she had breast cancer and, along with conventional chemo treatments, she began using dolphin energy for her own healing. On one particular occasion, due to a chemo delivery accident, she watched in alarm as her hand swelled. Sitting with her friend and TMI Explorer, Shay St. John, they visualized seven energy dolphins flowing through her bloodstream. The two friends sat quietly asking the dolphins to devour the excess chemo and watched in amazement as my mother's hand swelling went down.

Dolphin energy has the frequency of JOY, of MOVEMENT, of CREATING FLOW, flow of LOVE, flow of ABUNDANCE, and an OPENING OF THE HEART.

Several Internet sources have published the following:

It is widely known that dolphin energy has the frequency of JOY, of MOVEMENT, of CREATING FLOW, flow of LOVE, flow of ABUNDANCE, and an OPENING OF THE HEART.

The Upledger Foundation sponsored a pilot project to study the effects of providing CranioSacral Therapy (CST) to patients while in the presence of, and in direct physical contact with, dolphins. The study reported, "Patient response to these treatments was quite significant and included a substantial reduction in pain, increased ease in breathing, greater general relaxation and specific reduction of hypertonicity, enhanced strength and flexibility, increased appetite, and more restful sleep." A dolphin's healing influence has also been known to transcend so that it isn't necessary to be in their physical presence to be healed.¹

Benefits of dolphin healing include—

- Greater self-love and self-acceptance
- Healing on all levels—physical, emotional, mental & spiritual
- Deep inner peace
- Profound inner joy
- Permission to PLAY!
- Harmonious relationships
- Increased self-responsibility—the strength and trust to speak your truth and to stand on your own two feet in the world
- Increased connection to the natural world

- More freedom; less fear in life
- Manifestation of your deepest heart's desires
- Unity-Community



Bob Monroe was inspired by the parallels between the reported effects of dolphin sonar and the effects of binaural beat frequencies. It didn't take long for Mom, Bob, and Shay St. John and her husband Al Sears, to brainstorm the Dolphin Energy Club (DEC). Thousands of people have been supported through DEC members' focused concentration and intention. I know that my mother is smiling about this (from over "There!") and sends her love and support to the many who ask DEC for help.

You can join the more than one hundred DEC members from around the world to support emotional and physical health and wellness.

You will receive a special Hemi-Sync® CD to guide you through the process of facilitating dolphin energy and healing. To ask for dolphin energy help, or to join DEC, you just need to call TMI.

Cochrane A, Callen K. *Dolphins and Their Power to Heal*. Rochester, NY: Healing Arts Press; 1992

(TMI Journeys - May 2017)

Renewing Under Stress - 2017

What Works for Me—and What Doesn't

Nancy McMoneagle is no stranger to high pressure and stress. As leader of one of the world's preeminent educational and research organizations in the burgeoning arena of consciousness studies and deep-state awareness, she is responsible for all aspects of the global Monroe Institute network. TMI's 300-acre campus in Virginia, its hospitality, administrative, and facilities management teams, as well as all domestic and international program trainers and volunteers, are under her aegis. Add to that Nancy's collaborative, open-door management style and you have one very busy woman.

How does she maintain her enthusiasm, equanimity, and cheerful attitude over the long term? How does she renew her energy and refresh her spirit while keeping hundreds of balls in the air? We asked Nancy (known to many by her nickname, Scooter) to let us in on her secret.

What works for me? It's actually quite simple.

Curiosity and expectation keep me invigorated—wondering what's next! What magic is around the corner? That feeling of positive anticipation is exciting and energizing. Humor is essential. Beholding beauty is key. And I find that certain rituals like the simple act of lighting candles while blessing whatever I'm focused on at the moment, feed my soul. But the most potent tool I use to refresh and renew myself is gratefulness.

When I'm feeling gratitude that in itself is Self-renewing. Each morning, generally before I get up, I take a few minutes to enter a state of relaxed awareness and give thanks in advance for the day ahead—a day I intend to live as optimally as I can—and for the best outcome to that day. I give thanks for any connections I will make, all beings that I will come in contact with—two-legged, four-legged, multi-legged, winged ones, and plant beings ... in other words, any and all! I express my intent to be open and receive all information I need from any positive source, knowing that every interaction will serve the highest good. That stance of openness and connection is intensely energizing and brings me joy.

And by the way, I indulge in 2 cups of coffee in the morning—that's also renewing!

At night before sleep, relaxing into deeper awareness, I reflect on the day and release any negative feelings, judgment of self and others. Again, gratitude is key—appreciating the day that is closing, giving thanks for all interactions that occurred and blessing them, whatever they are. And though not always easy, this process is very renewing for me.

An important part of renewal is the obvious—a good night's sleep! There are times I wake in the wee hours with “monkey mind” chattering relentlessly. After lying sleepless for an hour, my

thoughts can compound the situation by chastising me for failure to sleep. The voice in my mind chides me, “After all, what is it we do here at TMI?” We teach people to quiet their minds and enter deeper states, to sleep better! At that point I will listen to a Hemi-Sync® or SAM exercise.

But, what if nothing seems to help and I don’t get a good night’s rest? That’s where the attitude, the expectancy, comes in. I direct my thoughts and imagination to the work of The Monroe Institute, work that I love, that is so vital and so valuable to so many. I affirm to myself that I am willing to do whatever I can to further that work.

My play is, when driving home, seeing the cows and how *they* play, delighting in how our dogs romp around together, listening to the music of the peepers, the birds; watching the sky, the moon, the sun reflecting off dewdrops—all that renews my soul tremendously. In the morning when the dew-ridden grass looks like a carpet of diamonds, its exquisite beauty almost brings me to tears. I am utterly thankful to be surrounded by such beauty—from the sparkling ground to the magical mountains that surround us. I feel absolutely fortunate to have the family, the background, and the training that have brought me here, even with all I still have to learn.

My renewal To-Do items would not be complete without a mention of what I recognize as To-*Not*-Do items.

Depleting influences and how I deal with them.

I find that certain media content diminishes my spirit. When I notice it, I turn off the TV or mute it, leave the Webpage, put down the paper, whatever it takes. I try to curtail watching news stories or reading anything that can negatively influence my peace of mind.

As an empath, I can easily absorb the energy of others, so I pay careful attention to my responses to people, particularly if there’s a lot of negativity. If I can’t be of help, and a REBAL doesn’t provide enough of a filter, I remove myself from the situation.

Sometimes having a bath, shower, or simply washing my hands can be very effective as an energy cleanse. Or, I’ll just take a deep, cleansing breath and forcefully exhale to clear my mind and my energy field.

Alone time is a must for rebalancing and clearing worry, anxiety, and concerns. Listening to music that makes me feel good elevates my spirit, as does reading a good book. The candle lighting ritual is a reminder of the divine, of something greater and more. I may bless the day and bless everyone, including all leaders of all nations. This works particularly well when I feel concerned about what’s going on in the world.

Some of the tools and techniques for renewal that I use are included in two new SAM audio exercises that will be released soon—after Mercury goes direct!

- “First Light,” a morning exercise to greet the day, and
- “Night Gifts,” an evening exercise to use before sleep.

It has been wonderful fun developing and voicing "First Light" and "Night Gifts!" My great hope and intent is that the tools on one or both of these exercises will serve you as well as they serve me.

As Bob Monroe taught me, it's all about finding a Different Overview.

With gratitude to you,

A handwritten signature in black ink, reading "Nancy McMoneagle". The signature is written in a cursive, flowing style with a large initial 'N' and a long, sweeping tail on the 'e'.

Nancy H. McMoneagle
President and Executive Director

(TMI Journeys – August 2017)

My Husband Died Before We Met - 2017



Greetings, All!

Joe McMoneagle, who many of you know as Remote Viewer 001 with the US Army's Stargate Program, author, speaker, and trainer of TMI's Remote Viewing program, had two near-death experiences that changed the trajectory of his life forever. Among other things, they switched on and amplified his innate psychic abilities.

You can read Joe's account of his experiences below and in his books. I'm here to tell the tale from my point of view.

Suffice to say, Joe and I may never have met, at least not when and where we did, had he not had that first NDE in 1970. Joe's awakening led him to remote viewing and subsequently to Bob Monroe.

Joe was looking for tools to help him more quickly complete his "cool down"—the time it took to achieve his special state of consciousness for a successful RV session. He and Bob worked closely together, meticulously creating the optimal blended and sequenced Hemi-Sync® frequencies for Joe's exercise. All the while I was falling for the love of my life.

Our partnership blossomed into a successful working relationship as well as a happy marriage (33 years and counting!). Joe's remote viewing and my practice as a professional astrologer dovetailed into our consulting business, Intuitive Intelligence Applications, Inc. I was director of

operations for IIA, being the interface with clients for establishing Joe's remote viewing targets. Preserving the double blind nature of a target is critical.

Joe is now retired from doing remote viewing targets. He remains a mainstay of the Institute in numerous roles—contractor, community leader, guest speaker, and residential program trainer, to name a few.

People often ask me what it's like to be married to a world class remote viewer. It's fun and exciting! To this day I'm still astonished when Joe offers psychic input that's right on the money. Does that mean he can read my mind? Well, not since I began using my RV cloaking device!

I suppose the esoteric realms into which Joe's and my work has taken us are unusual in the conventional sense, but to us, of course, that's just Life—and a huge reason to be grateful. My everlasting thanks go to my brilliant and loving husband, to Bob and the Institute, and, as always, to you—TMI's millions of friends and family across the globe!

To your greatest adventures in consciousness,



Nancy H. McMoneagle
President and Executive Director



From *Magical Blend Magazine*, Issue #52, "REMOTE VIEWING: an interview with Joseph McMoneagle," by Jerry Snider

In 1970 I was overseas with the Army. I had been working very hard and was extremely tired. I took a sip from a before-dinner drink, and suddenly felt I needed air. I collapsed in the doorway of the restaurant, went into convulsions, swallowing my tongue, and then stopped breathing. They rushed me to the hospital where they detected no heartbeat. I was out of body watching everything. I started drifting away and falling backward through a tunnel. I reviewed my entire life with what I felt was an all-loving being. At some point I felt heat on the back of my neck and turned around. Immediately I was enveloped in a bright, white light that told me to return to my body, even though I didn't want to. Suddenly I awoke, sitting in a hospital room. The first thing I did was to start telling

everybody about the White Light and God. The military authorities took my talk as a sign of brain damage and put me in a rest home for observation.

They said I was fine, and I realized it was best not to talk about my experience. So I shut up and tried to act normal. I went back to work, but from that point on I started having spontaneous out-of-body experiences and spontaneous knowings, or certain knowledge about things I had no ordinary means of knowing. My reality, as I understood it, was completely shattered.

... I had a second near-death experience in 1985, five months after I retired from the Army. I had a major heart attack at the ripe old age of thirty-nine, and once again I encountered the White Light. This time I realized it was finite and had limits. I've since concluded that what the White Light is, is what we would call the totality of self: what we are when we're not physical.

(TMI Journeys – October 2017)

So Much More than Human - 2017

Hello, Everyone!

Can a single week so powerfully impact someone's life as to alter its arc and forever transform its evolutionary path?

Of course!

A huge perquisite of my role with The Monroe Institute is that I get to witness this happening routinely. And not only I. The phenomenon is obvious to all who are familiar with our residential programs—participants, their loved ones; our trainers and staff. It's one of the joys of our lives to be part of a process that gives so much, so profoundly, to so many.

Like the proverbial pebble tossed into a pond, a ripple effect spreads the energy of transformation far and wide. One striking consequence of that uplifting energy is that it inspires us to gift others, to "pay it forward."

When TMI reached out to our community with an invitation to disperse the magic by donating to the Scholarship Fund, you responded! Since 2010, one hundred and thirty scholarship recipients have attended the Gateway Voyage program. One hundred and thirty lives have been forever enriched.

Our former publicity coordinator Michael Peter Langevin wrote of the massive impact the Scholarship Fund had on his young protégé in "Joshua's Story." At fourteen years old Joshua, the child of drug addicts, found his father dead of an overdose and his mother in jail. In the foster care system, he rotated through twelve foster homes in six years, with potentially deadly results. Michael and I collaborated to get Joshua here from California with a scholarship to the Gateway Voyage program.

The results were heart opening. "When I go home," Joshua said, "I am going to listen to people closer and with more caring and I will tell them I love them. This will show people most clearly what I learned here."

Two years later, Michael updated us on Joshua's progress—and it was remarkable! In "A TMI Scholarship Miracle," Michael writes, "The TMI Scholarship and Gateway Voyage program, I believe, saved Joshua from a miserable existence and an early death. They gave him the tools to become a whole person and to live his best life."

As we approach the season of giving, I am happy to report that, thanks to you, we reached our Annual Fund goal for 2016!

Now, I invite you to join with us to support one of the greatest projects you may ever engage in—the TMI Scholarship Fund. Help our fellow humans to discover that they are, in fact, so much more than human.

With deepest thanks to you for the gifts you have given and those yet to come. They are an investment in true freedom.

Paying it forward with you, as ever,

A handwritten signature in black ink that reads "Nancy McMoneagle". The script is fluid and cursive, with the first name "Nancy" being more prominent than the last name.

Nancy H. McMoneagle
President and Executive Director



(TMI Journeys – January 2018)

Accelerating Time – 2018



Hello, Everyone!

Is it just me, or does time seem to be accelerating for you, too?

Explanations for this phenomenon abound, both physical and metaphysical. Either way, the sensation of time speeding up is real at the experiential level. Personally, I find it both challenging and exciting.

A friend once said, “We’re laying down track as the train moves forward.” A good metaphor! The trick is maintaining trust that the track will be there when that enormous speeding train rolls over it. My guess is you know exactly what I’m talking about.

So, our track (and the Gregorian calendar) has brought us to the cusp of another new year, always a productive perspective from which to review the past, imagine the future, and resonate with gratitude in the present.

Thanks to you—TMI’s family and friends everywhere—the Institute took several significant steps forward in 2017. Here are some highlights:

- **Research Renewal**

In our ongoing efforts to stoke the fires of scientific investigation into the phenomena of consciousness, we have several fascinating projects in process.

- **Outreach**

We sponsored a highly productive European Outreach and Residential Trainer Weekend Retreat in Vrisoules, Greece at the beautiful Noosfera Retreat Center.

- **Programs**

We premiered five—count ‘em, five!—new residential programs and two powerful online programs.

- **Products**

2 new SAM-powered music pieces and a free, guided meditation were released in 2017.

- **Donations**

Donations have enabled us to grant 19 scholarships, replace our old airport van, repair the roof of the Nancy Penn Center, install fiber optic internet access, and increase our admin team.

And for 2018? Well, we have some very hot irons in the fire. Here’s a preview:

- **Research**

Watch for our copper wall project, psychomanteum project, additional mind mirror programs, and more SAM evoked potential research.

- **Outreach**

European Outreach Trainer candidates will gather at the Outreach Trainer Program (OTP) in next April in Italy. We also expect to augment the Outreach curriculum with more program offerings.

- **Programs**

Hotly anticipated for 2018 are Serving Spirit, an evidential mediumship residential weekend workshop presented by Suzanne Giesemann, William and Susan Buhlman’s Enlightened Transitions online course, and Remote Viewing II, a new residential program with Joe McMoneagle.

- **Amenities**

We are also looking to raise the bar on our hospitality offerings with more locally sourced and organic foods.

- **Products**

Topping the list are more SAMusic pieces and SAM guided meditations.

- **Development and Fundraising**

TMI is entering 2018 with a series of Cases for Support targeting growth in three key areas: research, program development, and facilities.

Do you see something on our 2018 list that ignites your passion, that gives you chills? Let us know! Learn how you can help bring it into reality. Your participation is key.

As the New Year unfolds, and we witness our collective vision for TMI taking form, know that your time, energy, focus, and resources are fundamental to the future of the Institute. For that, I thank you from the depths of my being.

To your greatest fulfillment,

A handwritten signature in black ink, reading "Nancy McMoneagle". The signature is written in a cursive, flowing style with a long horizontal stroke at the end.

Nancy H. McMoneagle
President and Executive Director

(TMI Journeys - April 2018)

Research and Education - 2018

Hello, Friends Everywhere!

There are wild and wonderful inquiries going on at TMI!

If you've read our latest blogs you know what I'm talking about. Paraphrasing our research coordinator, Dr. Ross Dunseath, "The challenge is on to show the world and ourselves that expanded consciousness is real and demonstrable."

Bob Monroe would have loved to have introduced this level of investigation himself. The cultural climate just wasn't ripe back then. And besides, he was busy trying to convince mainstream science that Hemi-Sync® influences brainwaves predictably and that the predicted effects can be corroborated.

Bob never saw the "magic bullet" peer-reviewed research he had hoped would appear on the scene and change everything. What he did see, and what we are still seeing, is a groundswell of acceptance of Hemi-Sync as an experientially proven tool, effective across a wide range of clinical and educational fields, as well as the esoteric arena.

Meanwhile, our Spatial Angle Modulation™ (SAM) audio technology is jumping through similar hoops to those that challenged Hemi-Sync during its early years. SAM is undergoing continued cycles of evaluation, development, and application. Each spiral of improvement refines it further as a powerful and viable consciousness expansion technology.

The Monroe Institute was formed in the 70s as a "research and educational organization" dedicated to exploring the uses and understanding of human consciousness. That remains an accurate description of TMI today. What has changed, what has evolved, are our concepts of "research" and of "education." And lately, we've combined the two in our recently launched programs, *Discovery*, and *Journeys: Voyage to Happiness*.

These new hybrid courses record brain activity even as the mind-consciousness is boosted into realms of awareness above and beyond normal waking consciousness. For example, the *Discovery* program focuses on verifying and validating altered-state perceptions.

A great advantage to participants is that the researchers are on site and provide feedback to everyone individually. In *Discovery* and *Journeys: Voyage to Happiness* you actually get to see readouts of the physiological changes during your episodes of heightened awareness.

For instance, during the *Discovery* program:

- employing the transformative technology of the Mind Mirror 6 EEG system, you learn about your mind-body correlations and see your physiological measurements

- you identify designated targets by means of out-of-body, remote viewing, and lucid dreaming exercises while being monitored by the Mind Mirror EEG
- Mind Mirror results are debriefed and discussed individually with participants by a qualified expert. You review the changes in your brainwave activity together to understand just what those changes mean.

I know from personal experience, as one of Bob's young and early research subjects, just how fun and intriguing—and ultimately life-changing—it can be to participate in the development of a mind-consciousness technology. I was 15 years old when Bob had me listen to reel-to-reel tapes during sleep. He was exploring the efficacy of sleep learning at that time. I guess you could say I was one of his early lab rats!

Fast forward to now ... Western science is focused intently on the question of the source of consciousness. Is it a function of the brain, or is the brain simply a mediator, even a product, of consciousness beyond the body? TMI's hybrid programs are a huge opportunity to participate intimately in that question while benefitting personally from powerful consciousness enhancing training.

I am thrilled and gratified that this time has come—that this opportunity is available—that together we get to drive the boundaries of “reality” to a new limit. You are enthusiastically welcome to join in the fun!

To your burning curiosity,



Nancy H. McMoneagle
& Executive Director



President

(TMI Journeys - July 2018)

2017: Trainers and Research

This year the Annual Report celebrates two areas of focus without which The Monroe Institute would not exist—our Trainers and our Research.

Greetings, Everyone!

We just published our 2017 Annual Report. It is illuminating to look at the year in a compressed, abbreviated form. Highlights appear sharply against the quieter backdrop of the constant hum of activity.

Trainers

If TMI is like “Hogwarts on steroids,” as one participant described it, then our trainers are wizards, ushering you beyond the veils that separate physical matter reality and C1 consciousness from “All That Is.” And THAT is a modern mystery school definition of magic.

But far from presenting our esoteric tools and techniques as “magical,” TMI trainers follow the lead of Robert Monroe. They demystify the esoteric. They skillfully coach, educate, and mentor. They make the most profound material accessible, and even better, *practical*, to program participants—to you.

There’s another element in the mix that isn’t talked about much, but that is absolutely fundamental to guiding people through multidimensional experiences. It is the ability to create and maintain a strong and safe energetic space, an incubator, if you will, that protects and nurtures participants as they grow in their awareness and learn to navigate newer, deeper consciousness states.

I know what it takes to do that. Along with Bob Monroe, Tom Campbell, and Dennis Mennerich, I trained early M-5000 workshops, precursor to the Gateway Voyage. When people have exceptional, transformative experiences, it is vital to be able to hold the energy for them. It takes awareness, intent, and compassion.

I salute TMI’s outstanding educators—our Residential Trainers and Outreach Trainers. They are worldwide and world class! Speaking for myself and for the many thousands of participants whose lives are forever uplifted through your work, *Thank You, TMI Trainers!* You are raising the vibratory field of humanity!

Research

The Monroe Institute is a nonprofit research and educational organization. Since its earliest beginnings, when the TMI we know today was just a twinkle in Bob's eye, research has been vital to the evolution of Monroe technologies.

Thanks to the prodigious work of the Professional Division, from 1980 forward we accumulated an extensive database of research and reporting by therapists, scientists, educators, and others on the applications of Hemi-Sync with patients, clients, students, and subjects. Along with information brought through by the Explorers during lab sessions, the Professional members' input laid the foundation for some of our most potent CD exercises supporting health and wellbeing.

TMI's in-house researchers contributed in a big way to our cumulative knowledge of Monroe technology—why it works, what it can do, and how it may be improved. Skip Atwater, former president of the Institute, developed the initial version of our Spatial Angle Modulation™ (SAM) audio technology. SAM version 2.0 was developed by Bob Holbrook, our director of innovation. With the expansion of SAM products and SAM-supported program exercises, it is steadily gaining momentum.

Additionally, over the years, published works by independent researchers investigating the effects of Monroe technology and Monroe programs have provided new—and enlightening—data, paving the way for broader, universal applications.

Now, we're moving into a fresh and exhilarating era of investigation at TMI. In a way, our current studies bridge the gap between education and research. And so far the results have been better than expected—from the research angle as well as the participants' perspective.

During the last 12 months, three specially designed programs have included EEGs of adventurous participant-subjects as they moved from C1 into targeted deep-state awareness assisted by SAM and/or Hemi-Sync®. One benefit of SAM audio guidance is that it can stimulate a gamma state. Gamma has been measured in advanced meditators. Data from MindMirror® EEGs at the Discovery programs are showing the gamma effect. Analysis of the results by our research team continues.

This is only the beginning of what we expect will be an ongoing research trend for TMI—investigating and evaluating brainwave data gathered during controlled consciousness expansion experiences. This is the fulfillment of a dream of Bob's. And a tremendous thrill for me! I am so glad you are along for the ride.

Apple founder and arguably the greatest innovator of a generation, Steve Jobs, famously said he wanted to “*put a ding in the universe.*” Your support and collaboration are helping The Monroe Institute make that happen. Join us. Put a ding in the universe!

Onward and upward!

A handwritten signature in black ink, reading "Nancy McMoneagle". The signature is written in a cursive, flowing style with a long horizontal stroke at the end.

Nancy H. McMoneagle
President & Executive Director

(TMI Journeys – October 2018)

Tools for Changing Time - 2018

Hello, Friends!

I've said it before, and I'll say it again. Time seems to be speeding up! Or, as I prefer, *Tempus is fugiting!*

There is plenty of opinion that the phenomenon of time acceleration is subjective and increases with age. But even if I concede to that, and I do, partly, there seems to be more to it. For those of us born before the digital age, it's obvious the internet plays a tremendous role. The instantaneous flow of information and communication gives the impression that time is quickening.

Yet, there is still more to the story. My sense is intuitive and visceral. Something fundamental is shifting. I'm not talking about the sociopolitical chaos we're experiencing, though that can feel destabilizing. As an astrologer, I'm also talking about indications of numerous shifts that are affecting our sense of and connection with all phases of time—past, present, and future.

Just as one example, some planetary energies currently at play (which started in 2008) are reflective of what happened a little over 240 years ago. And, as we did then, we're uprooting the worn out, restrictive underpinnings of longstanding corporate, political, and economic cultural systems, demanding major transformative changes so that we can move into a better, freer future. This particular dynamic will be in place through 2023, at which time we'll be in a significantly different situation.

So, how can we best use these influences to facilitate positive change, personally and globally? If you're like I am, you may be taking inventory of your consciousness tool kit; polishing everything to a shine. My default tool is "gratitude," so I am extending gratitude for my lifelong association with Bob Monroe, who gave me—gave all of us—the brilliant, unique, and oh-so-effective mental-consciousness tools with which to navigate the interdimensional "multisphere." Here are six such tools—

1. **Hemi-Sync®**, the Monroe audio technology that guides us, collaborates with us, to achieve the targeted deep states of awareness from which all becomes possible. And on the shoulders of Bob's legacy we now have **SAM (Spatial Angle Modulation™)**.
2. **Focus 15**, the "**State of No Time**." Focus 15's dual nature opens to us, on the one hand, a vast blackness, "The Void," a sense of single-pointedness; and on the other hand, an active environment, one where we can explore a sense of timelessness, all potentiality, and creation of patterns on levels beyond time/space.

3. **Different Overview**, the gathering of knowledge “beyond belief”; turning beliefs into “Knowns” through the direct experience gained from consciousness exploration.
4. **IT**, the **I-There** that each of us has, containing all past/present/future (or more precisely, “other”) life personalities. The term “past lives” tends to limit our thinking, hence the preferred term, “other lives,” including other human and nonhuman, even nonphysical life experiences
5. **REBAL**. The **Resonant Energy Balloon** is an intensification of one’s own energy, helping to create a high energy state within and around us. As Bob explained, “The REBAL is like a sieve or filter; only energy that is equal to, or of a higher, or more refined, vibration than yours will have access to your energy field. The REBAL is a shield from energy forms that you may not want to be influenced by at any particular moment. The REBAL also acts as a magnet, attracting the influences and guidance from higher energy forms. The more you build your REBAL, the more your physical body will be able to sustain higher and higher energy levels.”
6. **Gateway Affirmation**. This one is my favorite! Bob’s affirmation helps us focus our attention on what we want to accomplish while in an expanded state. It helps us focus our intent, to become more aware. It gives us permission to respond to, and work with, other energy and energy systems. Plus, it helps us stay relaxed and open to a variety of positive influences.

These and the many other tools developed by Bob and TMI and honed to perfection over the years, give me a sense of confidence and ease. They have and do help us to know our Selves as the eternal beings that we all are. They are here for you!

Change is inevitable. Time is only a playing field.

To your eternal unfolding ...

Tick, tock!



Nancy H. McMoneagle
President & Executive Director



(TMI Journeys - March 2019)

Nancy's Farewell - 2019



Dear Friends Everywhere,

March 4th marks my retirement as the Institute's President & Executive Director, a position that has been a great honor and pleasure for me to fill these past five years. I leave TMI under the excellent leadership of our new President & Executive Director, Scott Taylor, EdD.

Before I leave, I want to give all of you a huge, heartfelt "Thank You!"

Obviously, without you, there would be no Monroe Institute. Your active participation, your commitment of time, energy, and thought (remember Bob's "TET!"); your effort and resources, along with your willingness to further the mission of TMI, have been and are key to serving our growing global community, now and moving forward. You have given your heart, mind, and spirit in solid support of TMI, which has been a major factor in keeping TMI strong and thriving.

Even more fundamentally, you—as the Gateway Affirmation states so beautifully—"... deeply desire to Expand, to Experience; to Know, to Understand; to Control, to Use such greater energies and energy systems as may be beneficial and constructive ... ". I acknowledge your courage and curiosity—your powerful spirit. You wouldn't be where you are without it. And neither would we.

You probably know that Robert Monroe was my stepfather, and to one degree or another, my entire adult life has been intimately connected with Bob's work. It has been an astounding, miraculous, sometimes challenging, but always a deeply fulfilling journey. I can't wait to see what's around the next corner!

With the Institute strong and stable, and with a highly skilled and dedicated team in place here in Virginia and around the world, I look forward to retirement. My husband Joe McMoneagle

and I are eager for much more "us" time with our fur family. We are both excitedly looking forward to exploring our next life adventures together. And yes, Joe will still train the Remote Viewing courses and give presentations here at TMI as I delve back into my lifelong passion and practice of astrology—inspiring people about their lives, using their astrological charts as blueprints for optimizing their unique gifts and potential.

As Bob used to say to program participants after they had gained the various tools from Gateway and other programs, "It's up to you now—go find out for yourself!" So, in parting, I'd also like to say, as you continue your journey of exploration—it's up to you now—*Explore, expand, experience, and have fun!*

The Monroe Institute is in great hands ...

With love and blessings,

A handwritten signature in black ink that reads "Nancy McMoneagle". The script is fluid and cursive, with the first name "Nancy" being more prominent than the last name.

Nancy "Scooter" McMoneagle



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